

# FIFTH SUNDAY IN ORDINARY TIME



## PASTOR'S CORNER

**Do you know *the Ten Commandments of Love?*** *Since today is Marriage Sunday in our Archdiocese, here is the list of suggestions from the married couples on how to make your relationship work in the long run, and such thinking does not require advanced education, only common sense:*

1. A love relationship is not built overnight, so be patient with yourself and your spouse.
2. We make a difference, because we are different. This means you need to give your spouse and children space to allow them to move around, so to speak, because they are not required to spend every waking moment with you.
3. Stop self-pity, self-blaming and the “mea-culpa” syndrome, because we are not as bad as we may think.
4. Feelings have meaning only as they are expressed in the action of love.
5. Grow together in order to accept the daily challenge to be holy, human and fully alive for each other’s sake.
6. Pray together every day, because this may be the only way to stay together to the end.
7. Listen to your spouse and children, because you do not really learn anything from only hearing yourself talk.
8. Forgive from your heart, because mercy is the kind of love we do not deserve.
9. Do not be afraid of disagreements and arguments. The only people who do not argue are those who do not care or are dead. But afterwards, do not hold to anger, hurt and pain; just learn your lesson and move on to love once again as Jesus has loved you.
10. Stop playing games with your spouse, because relationships are not sports events.

**P.S.** One word that summarizes these commandments is **sacrifice**. It is an easy practice to neglect, put off, forget, and devalue. We can always find reasons not to sacrifice. But the Spirit of the Lord reminds us it is necessary, and because it is necessary, it is good. It is right and just, and has its own satisfaction. We go on, we dig in and make the effort, rising to the occasion. We have done this before and we are going to do it again, for as one poet wrote:

*“One equal temper of heroic hearts,  
Made weak by time and fate, but strong in will  
To strive, to seek, to find, and not to yield to the constant temptations of indifference.”*

*Fr. Slawek*

# February 9, 2025



## Society of Saint Vincent de Paul

*Turning concern into action*

God Bless you and your family for your unceasing support in helping us serve our neighbour-in-need. For your information here are the statistics for 2024.

We made 115 visits to 54 homes. In total we served 217 adults and 84 children. The total value of the food vouchers we gave out was \$11,550.00. We also provided 5 families with furniture assistance (beds, tables and chairs).

For our Christmas Program we assisted 54 families consisting of 106 adults and 63 children. The value of Food Gift Cards was \$ 9,440.00.

As you can see, there is a great need for our services. We assist a variety of people in our community. They include families who struggle to make ends meet, single mothers, people with disabilities, seniors and newcomers to Canada. The cost of living keeps going up and we see more people in our community reaching out for help. And with your help and donations we can always be there.

TO ALL OUR PARISHIONERS  
THANK YOU !

### MASS INTENTIONS

#### Tuesday, February 11

9 a.m. Repose of the soul of Siftine Baksh req. by Brenda Sands.

#### Wednesday, February 12

9 a.m. Intentions of thanksgiving for Joriza Porcal req. by the Porcal family.

#### Thursday, February 13

9 a.m. Private Intentions.

#### Friday, February 14

9 a.m. Repose of the soul of Jose Menino Fernandes req. by Robertina Fernandes.

#### Saturday, February 15

4:30p.m Intentions of Selma Abellanosa req.. Paul Abellanosa.

#### Sunday, February 16

9 a.m. Intentions of all Parishioners.

11 a.m. Repose of the soul of Noel Valerio req. by Maria Valerio.

### ANOTHER WAY TO DONATE TO OUR PARISH

**Pre-Authorized Giving Plan**—Pre-Authorized Giving is a very simple procedure. When you participate in Pre-Authorized Giving, your offering will be withdrawn from your account on or about the 20th of the month. This amount will then be deposited to the Parish's account.

This amount will be receipted at the end of the year for tax purposes.

Application forms are on the table at the back of the church.

### ATTENTION ALL PARISHIONERS 2025 OFFERTORY ENVELOPES

To the parishioner who has not picked up their 2025 envelopes you have until the end of February. As of March 1 the number assigned to you will be removed from the system and assigned to someone else.

### YOUR HEALTH

As cold and flu season approaches, to ensure the health of the entire community, parishioners are encouraged to stay home from Mass and parish functions if they are experiencing symptoms of the flu virus, colds, etc. Respect and concern for the common good takes precedence. Thank you for your cooperation! To minimize risks please use the hand sanitizers that are located at each entrance!



### ARE YOU MOVING? OR HAVE YOU MOVED ALREADY?

Please contact the parish office so your records can be updated. Thank you.

### COFFEE & TEA & SNACKS SOCIAL



Wednesday, February 12 2025

After the 9 a.m. Mass  
in the Parish Basement

### 2024 Tax Receipt

**Attention all Parishioners:** 2024 Tax receipts will be **mailed out the first week of March.** If you would like to pick up your receipt from the parish office before it is mailed out, the tax receipt will be **available for pick up February 24—27, 2025.**

SOMETIMES YOU  
NEED TO WALK  
AWAY...

...TO FIND YOUR WAY  
BACK TO YOURSELF.